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UM PROF. BRIAN J. SHARKEY TO PRESENT
PHYSICAL FITNESS COURSE NOV. 22 AT PRISON

MISSOULA--

Dr. Brian J. Sharkey, professor of health, physical education and recreation at the University of Montana in Missoula, who is director of the University's Human Performance Laboratory, will present a video-cassette course entitled "Physiological Fitness and Weight Control" in the Montana State Prison Library, Deer Lodge, at 1 p.m. Friday, Nov. 22.

The presentation is the final one in a series presented at various libraries in Montana. The Deer Lodge program is designed for prison inmates only.

Inmates will learn how to test their fitness, determine their susceptibility to heart disease and prescribe exercise programs for themselves.

The course includes instruction; exercise demonstrations and special features about new and seasonal sports; visits with guest personalities who have made exercise an important part of their lives; question and answer sessions, and special demonstrations showing how to develop muscular flexibility, tone and fitness.

Sharkey already has presented the course at libraries in Libby, Cut Bank, Great Falls and Glasgow.

The video-cassette course is one of six projects funded under a grant for the improvement of post-secondary education from the U.S. Department of Health, Education and Welfare (HEW).

Sharkey, who has written several research articles dealing with exercise and physical fitness, is author of two books on the subject, "Physiological Fitness and Weight Control" and another scheduled to appear this fall, "Physiology and Physical Activity."

Friday's program at the State Prison is sponsored under the HEW grant by the UM Center for Continuing Education and Summer Programs, which is under the direction of Dr. Patricia Douglas.